



The Challenge - Week 8

There are only three weeks left in the 10 in 10 Challenge. Rededicate your efforts this week. Revisit your goals, assess where you are, and make adjustments to your lifestyle which will drive your success. Remember, the best changes are those that you can live with.

For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks' e-mails from inshape.in.gov at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Keep reading to find this week's nutrition and physical activity challenge and get started today!**

Weekly Nutrition Challenge #8

Use smaller plates for smaller portions - Use smaller plates for each meal this week to reduce the size of portions. This will cut out 250 calories and set you on pace to lose a pound this week.



Have you ever noticed that portion sizes at restaurants keep getting bigger and bigger? Well the same thing happens at home as the size of our dishes gets larger. When you are hungry there is nothing more appealing than a full plate of food. That's why using smaller plates can reduce excess food consumption. You can still reach for that appetizing full plate of food, but with smaller portions. This gives you a chance to reassess your hunger and is smart eating!

Take a look at the photo above. Notice that the protein portion is about the size of a deck of cards and that vegetables make up half of the plate. A 1/2 cup portion of whole grain rice is also included. Strive for similar proportions in the meals you eat to control your portion size.

Weekly Physical Activity Challenge #8

Jump rope! - The average person can burn approximately 250 calories through 15-20 minutes of rope jumping. Carve out a few minutes each day this week to do a little jumping.

Jumping rope is not just for kids, it's a great way to strengthen your heart and improve coordination. Jump ropes can be found inexpensively at retail stores throughout the state. You can also make your own jump rope by trimming a length of rope to eight to ten feet (depending on your height). Or, you can jump rope rope-free. Simply jump up and down as if you had a rope. Be sure to move your arms as if the rope were actually there.





Heart disease is the number one killer of women and takes thousands Indiana women's lives each year. In keeping with Indiana's commitment to supporting healthy, productive citizens, the First Lady of Indiana and the State Department of Health Office of Women's Health have teamed up to focus on the issue of women's heart disease.

Heart to Heart encourages women to have heart-to-heart conversations about heart disease in order to:

- Increase awareness that heart disease is the number one killer of women
- Empower women to reach out to and support others in living a heart healthy lifestyle
- Educate women on how to live a heart healthy lifestyle
- Provide a collection of resources for more information and support for women

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